

Department of Veterans Affairs Employee Education System

presents

Course Number: 03. ST. CAR. ALLH.A

RESULTS OF ALLHAT: THE LARGEST HYPERTENSION TRIAL EVER

(VIDEO TAPE OF ORIGINAL SATELLITE BROADCAST - 60 MIN.)

Place: Your local facility. Location for viewing a recording is at viewer discretion and as your facility's resources permit.

Purpose: This presentation will provide the principal results of the Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT) funded by the National Heart, Lung and Blood Institute in collaboration with the Department of Veterans Affairs. ALLHAT's primary objective was to determine whether the combined incidence of fatal coronary heart disease (CHD) and nonfatal myocardial infarction differs between diuretic based and alternate antihypertensive pharmacological treatment with an angiotensin converting-enzyme inhibitor, a calcium channel blocker, or an alpha blocker. Other important objectives were to compare the effects of these drugs on other major cardiovascular outcomes and in various groups of patients.

It is estimated that over 40 percent of veterans have hypertension which is fundamentally and closely interrelated with a number of other diseases that are prevalent in veterans. Approximately 30% have cardiac problems, 30% have pulmonary conditions, 20 percent have diabetes, and almost 15 percent have cancer. In the wake of the ALLHAT study findings and clinical recommendations for antihypertensive medication therapy, it is crucial for the VA to take a more systematic approach to the treatment of hypertension and achieving long-term blood pressure control. This program is first in a series to include the Joint National Committee VII Guidelines and VA/DoD Guidelines, and recommendations for antihypertension medication treatment and clinical reminders in the Vitals Signs Package. This broadcast is a stand-alone educational activity, requiring participant viewing only.

Target Audience: Physicians, nurses, pharmacists, dietitians, other primary care staff, and DoD clinical providers.

Accreditation/ **Accreditation Council for Continuing Medical Education (ACCME)**

Approval: The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

For more information about the products and services provided by the Employee Education System (EES), visit our website at <http://vaww.ees.lrn.va.gov/>.

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Program Schedule:

Opening Credits:

Moderator Introduction

Opening Comments:

The Honorable Robert H. Roswell, MD

Topic Outline:

William Cushman, MD

- ALLHAT Study Design and Rationale.
- Overall study recruitment and VA participation.

- ❑ Comparison of antihypertensive drugs on coronary events, stroke, all-cause mortality, overall cardiovascular disease and heart failure in all participants and in important groups of patients.
- ❑ Overall conclusions about first-step therapy and superiority of thiazide-like diuretics.
- ❑ Blood pressure control and antihypertensive medication therapy.
- ❑ Conclusions regarding the calcium channel blocker and the ACEI to thiazide-type diuretics.
- ❑ Significance to VA .
- ❑ Comparisons to other recent antihypertensive trials.

Q&A with Audience

William Cushman, MD
Stephen J. Giddings, PhD, MD

Moderator Closing

Closing Credits

Faculty and Planning Committee

- | | |
|---|--|
| <ul style="list-style-type: none"> * William Cushman, MD + Chief, Preventive Medicine Section
Veterans Affairs Medical Center
Professor, Preventive Medicine and Medicine
University of Tennessee College of Medicine Memphis, TN | <ul style="list-style-type: none"> + Stephen J. Giddings, PhD, MD
ACOS for Research & Development
St Louis VA medical Center
Associate Professor, Diabetes & Metabolism
Department of Internal Medicine
Washington University School of Medicine
St Louis, MO |
| <ul style="list-style-type: none"> * Terry Fox, RD
EES National Initiatives Consultant
Department of Veterans Affairs
VA Central Office
Washington, DC | <ul style="list-style-type: none"> * John Hayes
Producer
Employee Education System
St. Louis Employee Education Resource Center
St. Louis, MO |
| <ul style="list-style-type: none"> * Elaine Furmaga, Pharm.D.
Clinical Pharmacy Specialist
Pharmacy Benefits Management
Department of Veterans Affairs
Hines, IL | <ul style="list-style-type: none"> + Robert H. Roswell, MD
Under Secretary for Health
Department of Veterans Affairs
VA Central Office
Washington, DC |
| <ul style="list-style-type: none"> * Carol Garbs, MSN
Program Manager
Employee Education System
St. Louis Employee Education Resource Center
St. Louis, MO | <ul style="list-style-type: none"> * Pamela Steele, MD
Chief, Cardiovascular Diseases, Medical Service,
Acute Care Strategic Healthcare Group
Department of Veterans Affairs
VA Central Office
Washington, DC |

* Sandra Walsh, MA
Research Health Science Specialist
Hypertension/Lipids section
Veterans Affairs Medical center
Memphis, TN

* *DENOTES PLANNING COMMITTEE*

+ *DENOTES FACULTY*

Project Manager: Carol Garbs, MSN
Program Manager
Employee Education System
St. Louis Employee Education Resource Center
St. Louis, MO

Project Support Assistant: Bob DeGunia
Project Support Assistant
Employee Education System
St. Louis Employee Education Resource Center
St. Louis, MO

Media Support: John Hayes
Producer
Employee Education System
St. Louis Employee Education Resource Center
St. Louis, MO

New Media Producer: Diane Palumbo
Visual Information Specialist
Employee Education System
St. Louis Employee Education Resource Center
St. Louis, MO

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